



South Central Mental Health

SPRING 2022

Mark Your Calendar

April

National Child Abuse Awareness, Autism Awareness, and Stress Awareness Month

May



Contact Us

Andover
733-5047

Augusta
425-0073

El Dorado
321-6036

Administration
775-5491



DAN RICE 'S RETIREMENT

After 29 years with South Central Mental Health (SCMH), Executive Director Dan Rice is retiring in May 2022. Not only does Dan have a very long-tenured executive leadership history, but he also leaves the organization with great war stories and irreplaceable tacit knowledge. His thoughtful leadership helped SCMH thrive through years of behavioral health restructuring. Dan has been at the core of bringing purpose to our mission to provide quality mental health services that empower individuals, families, and communities of Butler County. From mental health treatment in hospital settings to community-based care, reducing stigma and increasing awareness, and most recently facing mental health challenges post-pandemic, his thoughtful leadership helped shape many promising futures.



On Wednesday, May 4th, from 11 a.m. to 1 p.m., we will be hosting Dan's retirement party at The Point Events Center in Augusta. Please accompany us to celebrate his leadership and legacy in a come-and-go reception with a light selection of appetizers and dessert in his honor.



**Community
education and
training available.**

**Contact
trishawile@scmhcc.org
for more
information.**



Welcoming Michael Countryman

We are excited to welcome Michael Countryman, LCPC, LCAC into the role of Executive Director for South Central Mental Health Counseling Center. He will officially take office in early May 2022 as Dan Rice, current Executive Director, transitions into retirement. Mr. Countryman received his Bachelor of Science in Psychology and Rehabilitation from Emporia State University in 1999. In 2001 he graduated with honors from Emporia State University with a degree in Mental Health Counseling. During his graduate studies Mr. Countryman received multiple honors including induction into Psi Chi national honor society for psychology, lifetime membership of Cardinal Key honor society, PERK honors, and served as the public relations representative for the Student Chapter of the Kansas Rehabilitation Association

Mr. Countryman is specialized in psychiatric crisis intervention and has over 20-years of experience working in a community mental health center, of which, 14 of those years have been with SCMHC. Mr. Countryman has given multiple presentations on, crisis intervention, effective clinical assessments, suicide assessment, homicide assessment, crisis debriefing, and employment considerations for those with mental illness. For over 10-years Mr. Countryman has acted as a Practicum Field Supervisor for SCMHC and continues to train and educate those entering the behavioral health field. He was the Ambassador for the National Health Service Corps from 2011 to 2013. Mr. Countryman has experience in program development, and public relations and is a certified clinical supervisor.



Message from Michael

It is with a great deal of gratitude that I accept the responsibilities of becoming the next Executive Director for South Central Mental Health (SCMH). For the past 60-years, SCMHC has stood for excellence in the field of behavioral health care and provided exceptional treatment to those residing in Butler County. I sincerely thank our exiting Executive Director, Dan Rice, for his service to our agency and for the outstanding care that SCMHC has provided to our community under his leadership. As SCMHC progresses it is my vision to continue providing the same exceptional care our community has come to expect and rely upon.



Contact Us

Andover
733-5047

Augusta
425-0073

El Dorado
321-6036

Administration
775-5491

***SCMH is an APA
accredited intern-
ship site**



Visit us at our
Website:
www.scmhcc.org



or on

Employee Spotlight



Cassie McAllister and Ashton Stowell were approved for the Sustainability Grant Round 3 for Andover and El Dorado Social Stars Programs. This grant, made available by Childcare Aware of Kansas in partnership with the Kansas Department for Children and Families, will provide the facilities up to \$3,600 per month for nine months. Adding up to \$64,800 to the preschool budget!

In addition to this exciting news, Social Stars Learning Center had five staff members receive the KCCTO scholarship for the Child Development Associate National Credentialing Program. This is a professional development opportunity for early childhood educators. We would like to applaud Cortnie Killen, Cheyenne Lee-Smith, Morgan Limon, Cassie McAllister, and Brianna White on this achievement!

Congratulations Social Stars Team!!



May- Mental Health Awareness

Awareness Color: **Lime Green**

Awareness Month/Day(s): **May**

Mental health describes a level of psychological well-being, or an absence of a mental disorder. From the perspective of 'positive psychology' or 'holism', mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. Mental health can also be defined as an expression of emotions, and as signifying a successful adaptation to a range of demands.

The World Health Organization defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". It was previously stated that there was no one "official" definition of mental health. Cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined. There are different types of mental health problems, some of which are common, such as depression and anxiety disorders, and some not so common, such as schizophrenia and Bipolar disorder.

Most recently, the field of Global Mental Health has emerged, which has been defined as 'the area of study, research and practice that places a priority on improving mental health and achieving equity in mental health for all people worldwide'.

**Sources: From Wikipedia, http://en.wikipedia.org/wiki/Mental_health*

<https://www.awarenessdepot.com/bycausetype-meheaw.html>

COMMUNITY VENDORS NEEDED FOR OUR
UPCOMING...

BUTLER COUNTY

CHILDREN'S MENTAL HEALTH DAY CELEBRATION

Join SCMhCC in proclaiming June 24th as Butler County Children's
Mental Health Awareness Day.

East Park, El Dorado, KS

Friday, June 24th

3pm-6pm

Please email MichaelMcallister@scmhcc.org if interested in
reserving vendor booth or providing a monetary donation.

***Table provided (no electricity)**

***No booth fee**

***Interactive activity or giveaway encouraged**

***Your business listed on advertisements/flyer**

keep going. keep growing



April 2022 Recipes

Healthy No Bake Cookies



Ingredients & Substitutions

Here are the ingredients you'll need to make these cookies, plus some ideas for substitutions.

- **coconut oil** – I've also made this recipe with a mashed banana in place of the coconut oil. The cookies will turn out a little bit more dry without the coconut oil, but still yummy.
- creamy **peanut butter** – you can also use almond butter or any other nut/seed butter in place of the peanut butter.
- **coconut sugar** – if you're looking for a sugar-free option, you can use monk fruit or stevia.

- **cocoa power** or **cacao powder** – either option will work.
 - unsweetened vanilla **almond milk** – any non-dairy milk option will work just fine.
 - **sea salt**
 - **vanilla extract**
- instant oats** or **rolled oats** – steel-cut oats won't work for this recipe.

How to Make No Bake Cookies

Mix the dough – Add melted coconut oil and peanut butter to a large bowl and stir until combined. Then add coconut sugar, cocoa powder, almond milk, sea salt, vanilla and oats into the bowl and stir until combined.

Scoop the dough – Drop the dough by the spoonful's on a baking sheet lined parchment paper.

Set – Place baking sheet in fridge until cookies are set, then serve.

<https://www.eatingbirdfood.com/healthy-no-bake-cookies//>